

A trip to the doctor's
office got my health
rolling again.



WWW.LIFEDEPENDSONIT.COM

eat smart tips



It's important that you eat a balanced, varied diet to maintain your energy and health!

- Eat more fruits and vegetables. Keep a bowl of whole fruit on the counter or in the refrigerator. Buy fruits that are dried, frozen or canned (in water or juice) to snack on. Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor. Add shredded carrots or zucchini to meatloaf or whole-wheat pasta dishes.
- Use 1% or skim milk. It tastes great at meals and in smoothies, lattes and oatmeal.
- Select lean meats and poultry more often. Choose meat cut from the "loin" or "round" such as the tenderloin or round tip. Vary protein choices by eating more fish, beans, peas, nuts and seeds. Go meatless. Make beans your main dish.
- Eat less saturated fats, trans fats and cholesterol, salt (sodium) and added sugars. Choose fats found in fish, nuts and vegetable oils. These foods are a good source of monounsaturated or polyunsaturated fats. Add walnuts or pecans to a green salad.
- Cut down on portion sizes, skip seconds and stop eating when you are full to maintain a healthy weight.